

# People working to build strong foundations

By Ron Wilson

Director

of the Huck Boyd National Institute for Rural Development at Kansas State University

In order to build a strong house, it is vital to have a strong foundation.

In this week's Kansas Profile, we'll learn about some people who are working to help their communities build strong foundations - not the cement kind, but rather a financial resource for the future.

Last week we met Svetlana Pushkareva Huffles, Executive Director of the Kansas Association of Community Foundations.

Svetlana explains that community foundations promote community philanthropy and serve communities at large.

They provide donor services, grant making, asset development, community leadership and services

to any non-profits and other grant makers.

Svetlana said, "Community foundations are stewards of permanent community resources." They are recognized by the IRS as tax-exempt public charities created by and for the people in a local area. People with philanthropic interests can donate through these foundations to easily and effectively support the issues they care about most - immediately, or through their will or other planned gifts. Unrestricted gifts to community foundations' endowments are particularly important for securing funds for future community needs and strategic future grant making.

In 1999, the Kansas Health Foundation launched an initiative called GROW Healthy Kansas (GROW stands for Giving Resources to Our World) to help build sustainable community foundations.

Today, Kansas has more than 80 community foundations in both rural and urban settings, from Kansas City and Wichita to rural communities like Glasco, population 520; Bird City, population 472; and Sylvan Grove, population 319 people. Now, that's rural. Others are regional, such as the Community Foundation of Southeast Kansas and Western Kansas Community Foundation.

"Community foundations are increasingly interested in ways they might work together to reduce the costs and improve services. Some smaller community foundations have found it beneficial to formally affiliate with a larger community foundation. Affiliations typically allow a foundation to retain its separate identity while reducing expenses and focusing on quality of its services," Svetlana said.

In 2005, a state association of

these community foundations was created. Then a grant from the Kansas Health Foundation made it possible to hire staff, and Svetlana was brought on board as the first executive director.

She is literally an expert with international exposure to community foundations. She speaks passionately of the benefits of donating locally and endowing unrestricted funds at community foundations.

"Endowments are about perpetuating wealth for generations to come," Svetlana said. "A portion of earnings from those funds is 'reinvested' in the community via grants to local projects of non-profit organizations, thus providing a permanent source of funding for various good causes and acute needs." In 2009, these foundations made \$206 million in local grants for education, health, youth, arts and culture, environment, employment,

and community improvement and capacity building.

By the year 2020, an estimated \$66 billion will be transferred from one generation to the next in the State of Kansas.

"We face an urgent need to capture a portion of the generational transfer before it follows the population out of Kansas forever," Svetlana said.

In rural communities, that money often leaves the state as estate taxes or with heirs who have migrated away. Sometimes that money is literally gone overnight.

Svetlana said, "If only five percent of the estimated wealth transfer for Kansas was captured, \$3.3 billion could be preserved in community foundation endowments and reinvested in Kansas communities in perpetuity. The question is, how do we encourage such capture of wealth? How do we create a culture of 'Endowing Kansas? I encourage

those who care to talk to their community foundations and financial advisers about smart ways to ensure a bright future for Kansas."

For more information, go to [www.kansasfcs.org](http://www.kansasfcs.org).

In order to build a strong house, it is vital to have a strong foundation. In this case, the community foundation is a way for people to donate funds which can help strengthen the community as a whole. We commend Svetlana Huffles, the Kansas Health Foundation, the members of the Kansas Association of Community Foundations, and especially those who give to their local foundations - thus making a difference by preserving and utilizing those funds locally. For these communities, it makes a strong foundation on which to build.

# Meat, poultry main culprit of illnesses after picnics

Not feeling well after eating an egg, chicken, tuna or ham salad sandwich at the picnic?

Many people may think first of mayonnaise as the offending food, but the creamy sandwich/salad dressing is typical made with vinegar or lemon juice, which are both acidic ingredients that deter bacterial growth, said Karen Blakeslee, Kansas State University research and extension food scientist.

The more like culprit in hot

weather, is the meat, poultry, eggs or fish in a salad that has been left unrefrigerated, she said.

Food safety specialists generally suggest a two-hour rule before discarding, rather than eating, perishable foods allowed to stand at room temperature. On hot days - 90 degrees or above - perishable food should be discarded after one hour without refrigeration.

Summer heat and humidity encourage bacterial growth on food,

said Blakeslee, who offered tips to keep food safe:

- Wash hands before and after handling raw or cooked foods. If not water is available, use towelettes or a hand sanitizer.
- Plan quantities to minimize leftovers that could spoil.
- Use separate coolers for raw and cooked foods.
- Use plenty of ice or freezer packs. A full cooler will hold its temperature better than one that is

not full. Add ice if you need to.

- Pack perishable foods shortly before leaving for the picnic.
- Transport coolers in the air conditioned passenger area, rather than the trunk or truck bed.
- Keep coolers out of direct sunlight, covered with a blanket.
- Use separate utensils, plates and platters for raw foods and cooked foods.
- Pack a food thermometer and test meats and poultry for doneness:

hamburgers should be cooked to 160 degrees; steaks or roasts to 145 degrees for medium rare or 160 degrees for medium; 165 degrees is recommended for poultry and fish should flake with a fork.

- Wash fresh fruits and vegetables under cool running water before eating them.
- Wash melon skins under cool running water before slicing it so as not to transfer naturally occurring bacteria from the soil that may

be on a melon grown on a wine and touching the ground.

- Keep children and pets away from a hot grill. Place the grill away from flammable materials, including buildings or a tent.

Tips on food safety and health are available at county and district K-State Research and Extension offices and online at : [www.ksre.ksu.edu/foodsafety/](http://www.ksre.ksu.edu/foodsafety/) and [www.rrc.ksu.edu](http://www.rrc.ksu.edu).

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## August Consultant Schedule

ALLERGIST**	Jeffrey Rumbyrt, M.D.	August 16
CARDIOLOGIST	Barry Smith, M.D.	August 11, & 25
CARDIOLOGIST	Vijay Subbarao, M.D.	August 12
CARDIOLOGIST**	Christine Fisher, M.D.	August 9
COUNSELING SERVICES		Thursdays by Appointment
DIETICIAN	Sarah Linton, RD, LD, CDE	Monday - Friday
EARS, NOSE, THROAT	Alfred N. Carr, M.D.	August 20, 26, & 27
ENDOCRINOLOGIST	Gerald Poticha, M.D.	August 12, 13, 26 & 27
GASTROENTEROLOGIST	Jeffrey D. Huston, M.D.	August 6, 16 & 17
GENERAL SURGEON	David D. Beck, M.D.	August 5 & 19
GENERAL SURGEON	Jeffrey Cross, M.D.	August 12 & 26
GYNECOLOGY	Laura Rokosz, M.D.	August 11, & 25
NEUROLOGIST	Steven J. Gulevich, M.D.	August 4, 11, & 25
OBSTETRICS/GYNECOLOGY	David Forschner, M.D.	September 15
ONCOLOGY	Prakash Neupane, M.D.	August 6, 13, 20 & 27
ONCOLOGY/HEMATOLOGY	Martin Rubinowitz, M.D.	August 3, & 31
OPHTHALMOLOGIST	Brian Joondeph, M.D.	August 18
OPHTHALMOLOGIST	Ronald Wise, M.D.	August 4
OPHTHALMOLOGIST**	Eric Fry, M.D.	August 13
OPHTHALMOLOGIST	Robert Fante, M.D.	August 27
ORTHOPEDIST	Tim Birney, M.D.	August 9
ORTHOPEDIST	Armond Hatzidakis, M.D.	August 2
ORTHOPEDIST	James Holmes, M.D.	August 16
ORTHOPEDIST	Edward Parks, M.D.	August 30
ORTHOPEDIST	Raj Bazaz, M.D.	August 9
ORTHOPEDIST	Kevin Nagamani, M.D.	August 4
ORTHOPEDIST	Gareth Shemesh, M.D.	August 13
PATHOLOGIST	Pathology Services P.C.	Call for Availability
PODIATRIST	Erik Ouder Kirk, D.P.M.	August 11
PODIATRIST	Daniel Mallett, D.P.M.	August 25
PULMONOLOGIST	Ken Weisiger, M.D.	TBA
RADIOLOGISTS	Professional Radiology Services	WEEK DAYS
SPEECH THERAPY	Crystal Schultz	Monday - Thursday
UROLOGIST	Kevin McDonald M.D.	August 10

\*\*For an appointment with the Allergist please call 1-888-849-8424

\*\*For an appointment with Dr. Fry please call 1-800-526-3937

\*\*For an appointment with Dr. Fisher please call 1-888-625-4699

Goodland Family Health Center, 106 Willow Road • (785) 890-6075

Monday - Friday, 8:30 a.m. to 5 p.m.

Walk-in Clinic M-F 8:30 a.m. to 9:30 a.m.

Dr. Mohedine Shafei (Out of office on Monday)

Dr. Travis Daise (Out of office on Wednesday)

Dr. David Younger (Out of office on Thursday)

Dr. Lisa M. Unruh - Pediatrician (Out of office on Tuesday)

Jackie Jorgensen, ARNP



## End of August time to get entries ready for photography contest

The local photography contest as part of the Flatlanders Festival sponsored by the Goodland Arts Council is coming up at the end of August. Entries will be accepted from Monday, Aug. 30, to Friday, Sept. 3.

Entries will be displayed at the Carnegie Arts Center, 120 W. 12th, and winners are selected by People's

Choice.

Prizes will be awarded to winners in each division. The different divisions include nature, people, still life, landscape and other.

If anyone is interested in forming a local chapter of the Photographic Society of America please contact the Arts Center at 890-6442.

The society is a worldwide orga-

nization which offers its member education, an opportunity to publish articles in the monthly PSA Journal, allows members to share their knowledge with others at local and national events and its experts. Services and activities are available in digital imaging, nature, prints, stereo, color slides, photojournalism and travel.

Dr. Jim MORRISON

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State Representative - Dist. 121



Dear Neighbor:

I've considered it an honor to represent you for the past 18 years in the Kansas House of Representatives. Throughout those years, we Kansans have faced some tough times - none tougher than right now.

As we deal with the issues and challenges facing our State. I will continue to value your thoughts, input and suggestions, just as I always have. I will greatly appreciate your vote of support in the August 3<sup>rd</sup> Republican primary.

Sincerely,

*Jim Morrison*

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Paid for by Jim Morrison for State Representative, William V. Adams, Treasurer.